

The combination of these actions appears to be beneficial, and Menopause Balance Complex\* provides these amazing plant-based compounds in a concentrated, convenient form.

### **More about Black Cohosh**

A member of the buttercup family and a native American plant, black cohosh is one of the best-researched herbs for use during menopause.

Used by Native Americans for hundreds of years, it has been intensely studied in Europe for more than 40 years as a natural means of regulating hormonal balance during menopause.

Recent European clinical studies of this valuable herb have shown that black cohosh has several chemical actions relevant to menopausal events:

- The complex chemicals triterpenes and flavonoids are believed to act on the pituitary gland located at the base of the brain to suppress the secretion of luteinizing hormone (LH). High levels of LH in the blood are often associated with menopause.
- Other compounds have been found to bind to estrogen receptors on the surface of many cells in the body, producing “estrogen-like” activity.
- Still other compounds in the plant promote mild relaxation.

This herb is used widely in Germany to help regulate hormonal balance during menopause. Taken as directed, Menopause Balance Complex\* provides the amount recommended by the German Commission E. Menopause Balance Complex\* contains an extract of black cohosh (standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein), believed to be an important marker compound for the herb.

### **More about Soy Isoflavones**

Current evidence indicates that increasing your intake of plant-based foods that are good sources of phytoestrogens provides many potential benefits. Soy is naturally high in these important plant compounds and the most common source of them in our diets. The class of phytoestrogens found in soy is called isoflavones; the two major isoflavones found in the human body are genistein and daidzein. For the menopausal woman, soy has particular interest, as it is studied for both its apparent beneficial effect during menopause, as well as for bone-building and maintaining healthy cholesterol levels.

Evidence of the value of **isoflavones** in **menopausal stages** comes in part from studying women in countries where consumption of soy is high. In Asia, where consumption of isoflavones from a variety of soy foods is estimated to be in the range of 20–80 mg per day, women report a **smoother transition** through **menopause** than women in Western cultures, where soy is consumed only at about 1–3 mg per day.

### **More about Flaxseed**

Whole grains are universally recommended as an important part of the diet. They are valuable sources of nutrients that are sometimes in short supply in our diets, including fiber, trace minerals, certain vitamins, and compounds such as antioxidants and phytoestrogens.

Flaxseed, also known as linseed, is one of the most valuable whole-grain sources of a class of phytoestrogens called lignans. Like soy isoflavones, these lignans are structurally similar to endogenous estrogen (that found in the human body) and can bind to estrogen receptors, thereby exerting an estrogen-like effect.

Researchers believe that lignans may be one of the compounds in grains that account for some of the protective properties of vegetarian diets.

The amount of flaxseed extract provided in a daily serving of Menopause Balance Complex\* is equivalent to about 2 g of whole flaxseed, a concentrated source in a convenient form.

### **More about Shaklee’s Unique Proprietary Blend of Traditional Phytoestrogens...**

**Dong quai** — One of the best-known Chinese herbs, dong quai has been widely used in combination with other herbs such as a uterine tonic. The roots, harvested after a three-year cultivation, are rich in a number of chemical constituents, such as essential oils, coumarins, and flavonoids.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.